

# BE MOUTH AWARE

## & CHECK FOR CHANGES IN THE MOUTH

### CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek and your thumb on the outside. Squeeze the cheek to check for any lumps, tenderness or ulcers.

### HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face.

### LIPS

Pull down the lower lip and look for any sores or changes in colour. Use your thumb and index finger to feel the lips for lumps or changes in texture.

### MOUTH

Run your finger on the roof of the mouth to feel for any lumps. Repeat on the floor of the mouth.

### TONGUE

Look for any changes in colour or texture of the surface. Check the sides for any swellings, changes in colour or ulcers. Examine the underside.

### NECK

Feel and press along the front and sides of the neck. Can you feel any lumps?

Mouth cancer can affect anybody and it's important that we all know what to look out for. If you notice any changes in your mouth please speak to a dentist or doctor immediately.

#MouthCancerAction



[www.mouthcancer.org](http://www.mouthcancer.org)



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## LOOK OUT FOR THE SIGNS & SYMPTOMS OF MOUTH CANCER

As **mouth cancer** can strike in a number of places, including the lips, tongue, gums and cheeks, it's extremely important that we all know what to look out for.

Ulcers which  
do not heal  
within three  
weeks

Red & white  
patches  
in the  
mouth

Lumps or  
swellings in  
the mouth or  
head & neck  
area

If in  
doubt, get  
checked  
out



**Early detection** is crucial. If any of these signs are noticed, please tell your doctor or dentist immediately.

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